

COLORADO & UTAH

# Mesa Verde, Arches & Canyonlands

A Guided Walking Adventure





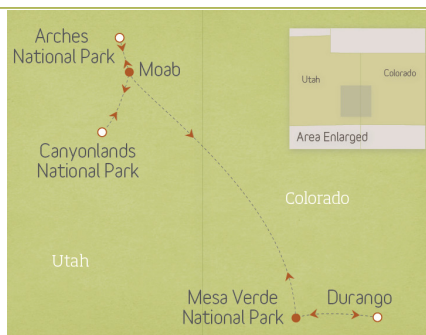
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## Travel Style

This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the fabric of local life. On it, you'll enjoy 24/7 expert guides, premium accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations.



## Overview

Walking in this breathtaking region of canyon cliffs and fascinating rock formations is like entering an otherworldly sanctuary—one where eons of natural history are sculpted into the landscape and trailblazing Western adventure beckons. The journey begins in Mesa Verde National Park, where you wander the Mesa Verde, literally the “green table,” along canyon rims and cliffside paths. Along the way you may encounter such indigenous species as elk, deer, and diverse bird life. The petroglyph panel at Petroglyph Point inspires close examination, firing the imagination about the passage of geological time recorded in this extraordinary destination. Visits to Ancestral Puebloan cliff dwellings recall human civilization reaching back more than 1,000 years. In Arches National Park, you travel to notable rock formations, such as the renowned Delicate Arch, and in Canyonlands National Park, you explore the Island in the Sky mesa overlooking a dramatic canyon more than 2,000 feet deep. In more remote canyons, you wind through a colorful palette of earthen-brown trails, crystal-blue rivers, and wind-burnished pink stone. You delight in daylight shimmering off red cliff walls, and celebrate in a river-float down the magnificent Colorado River.

Superb accommodations showcase the region’s spectacular scenery, offering riverside and canyon views from patios and comfortable rooms. While one lodge, nestled in the heart of a National Park, offers immediate access to walking trails, another property features spacious suites nestled beneath cliffs on the Colorado River. After a day of walking, you are treated to meals inspired by Native American and Western cuisine—all accompanied by lovely sunset views.



# Daily Itinerary

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## DAY 1

Arrival in Durango, Colorado. Transfer to Mesa Verde National Park. Cliff Dwellings and Petroglyph Point; 3 miles, moderate

You meet in Durango and immediately transfer to Mesa Verde National Park (approximately one hour). Mesa Verde was the first National Park set aside to protect manmade wonders. Today the park is home to more than 4,000 archaeological sites, ranging from simple pit houses to complex cliff dwellings built in large alcoves in the steep sandstone canyons.

Your explorations begin with a visit to the park's museum and the Spruce Tree House, an impressive cliff dwelling sheltered by Douglas fir, juniper, and piñon trees. After a picnic lunch and a short welcome meeting, you embark on a guided tour of one of the most famous cliff dwellings, the Balcony House, during which you get an in-depth glimpse at how the Ancestral Puebloans lived during the 13th century.

This afternoon's walk takes you on a 3-mile loop lined with distinctive canyon vegetation—Douglas fir, Mormon tea, serviceberry, prickly pear cactus, and broadleaf yucca. The trail skirts a deep canyon and culminates at a panel



containing the most well-known group of petroglyphs in Mesa Verde. A short climb to the mesa top provides sweeping views on the return leg.

Tonight you gather for a welcome drink and dinner in the Metate Room, overlooking the surrounding mesas. Here you choose from local specialties such as cactus dip, grilled blue corn trout, stuffed quail with Anasazi beans, or roasted elk.



### **Far View Lodge, Mesa Verde National Park, Colorado**

Simple rooms in the heart of Mesa Verde National Park offer balconies with views, as well as immediate access to hiking trails and spectacular cliff dwellings. Our group will enjoy the recently renovated kiva rooms, which are tastefully decorated with Native American and Western fabrics and art.

### **DAY 2**

Mesa Verde National Park: optional sunrise walk; 1 mile, easy. Sand Canyon; 6-7 miles, moderate

This morning you may wish to join the guides on an optional pre-breakfast walk to enjoy the view from Park Point Overlook. As the sun rises in the east, you savor the peace and quiet at this tranquil time of day.

After breakfast, you drive approximately one hour outside the park to Sand Canyon, nestled in the Canyons of the Ancients National Monument. The walk begins at the Sand Canyon Pueblo; although no standing walls are exposed, this ancient pueblo includes 420 rooms, 100 kivas (round buildings dug into the ground), and 14 towers (this site was excavated in the late 1980s and early 1990s and then backfilled to preserve the buildings). The walk follows the rim of Sand Canyon along a sandy trail. En route you pass several small, fragile cliff dwellings hidden in the shelter of natural alcoves. These sites were occupied by the Ancestral Puebloans during the 13th century. Dinner this evening is at the lodge, highlighted by views of Mesa Verde as the sun sets in the distance.

### **Far View Lodge, Mesa Verde National Park, Colorado**



### DAY 3

Transfer to Moab, Utah. Negro Bill Canyon; 4-5 miles, easy to moderate

This morning you depart for Moab, Utah (approximate 3-hour transfer) and, following lunch at a favorite local restaurant, stretch your legs on an easy walk en route to the next hotel. The trail

skirts a clear canyon stream, where you may hear spadefoot toad song, and follows a mixed route of flat, open trails of sandy ground and slickrock sandstone—with its curious natural gripping effect. After 1.5 miles, you leave the stream and follow a side canyon to Morning Glory Bridge, an impressive natural arch that measures 243 feet—the sixth-longest natural rock span in the United States.

Late this afternoon you check into your riverside lodgings and relax in the pool or Jacuzzi as you enjoy a dazzling sunset over red cliffs. Tonight you enjoy al fresco dining (weather permitting) on the resort's deck overlooking the Colorado River.

#### Red Cliffs Lodge, Moab, Utah

Spacious riverside and creekside rooms offer private patios overlooking the Colorado River. Guests enjoy views of the red rock canyons from virtually everywhere on this property, including the pool, restaurant, and lodge decks. The lodge also offers easy access to rafting and hiking.

### DAY 4

Colorado River float excursion or Fisher Towers; 5 miles, easy to moderate. Canyonlands National Park; Island in the Sky; 2-4 miles, easy

Early this morning you meet your rafting guides and embark on a half-day float trip on the Colorado River (some short sections of class I and II rapids). You drift through red rock canyons and past famous rock formations including Fisher Towers, Castle Rock, and the Priest and Nuns. En route you stop to eat lunch on the beach.

If you prefer to hike this morning, an optional walk is offered to nearby Fisher Towers. This impressive trail circles the base of 900-foot pinnacles soaring

above the canyon floor. Later, you drive approximately one hour to the Island in the Sky section of Canyonlands National Park, a wilderness area of sheer-walled canyons, sandstone spires, jagged cliffs, and high mesas. Once again, sweeping views accompany your walk to overlooks of the Green River snaking through the landscape in the distance.



Dinner is on your own this evening in the small western town of Moab. Your guides are available to assist you in selecting a restaurant.

### **Red Cliffs Lodge, Moab, Utah**

#### **DAY 5**

Arches National Park; Double Arch, Window Arch and Turret Arch; 1 mile, easy. Delicate Arch; 3 miles, moderate, 600-ft. elevation gain and loss

Following an early breakfast, you drive the short distance to Arches National Park, home to some of the region's most extraordinary geologic sites. You begin the morning walk at the Double Arch area of the park. This park contains the world's greatest known concentration of natural stone arches—more than 2,000. The walk leads to a few of the most impressive arches, including Window Arch and Turret Arch. Following a picnic lunch amidst the red rocks, you continue toward Delicate Arch, one of the most-recognized arches in the park. The trailhead begins near Wolfe Ranch, an historic settlement dating back to 1880 and also the site of a fascinating panel of Ute rock art. The terrain along the trail is varied, beginning with rocky paths and switchbacks, then yielding to portions of slickrock. Steps have been carved into the sandstone to make ascending some of the steeper sections easier.

The final portion of the trail is exposed but wide, so even though it is flanked by sheer cliff drop-offs, the walking is safe and awe-inspiring. Pause to take it all in: sweeping red rock views and the rising La Sal Mountains on the horizon.

Tonight the week is celebrated in style with a final dinner, sampling wines from the lodge's own vineyard.

### **Red Cliffs Lodge, Moab, Utah**

## **DAY 6**

Optional sunrise walk; 1-2 miles, easy. Transfer to Durango for departure

Early risers may wish to join the guides on a pre-breakfast walk in the hills behind the resort to enjoy a final sunrise in the lovely Southwest. After breakfast, the drive to Durango takes approximately three hours, stopping along the way to stretch your legs and have a picnic lunch.



## **ITINERARY CHANGES**

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

## **HIGH-ALTITUDE WARNING**

The highest elevation you will be walking at on this tour is approximately 8,800 feet. The altitude may have some effect on travelers. Typical symptoms include nausea, a loss of appetite, insomnia, shortness of breath, dizziness, headaches, or other minor irregularities. There are actions you can take to help you adjust to the altitude, including drinking lots of water (more than you feel you need) and getting plenty of sleep. Also, take your time while walking, allow your body to adjust, and always keep your guides informed of how you are feeling. Please discuss with your doctor whether taking altitude medication would be helpful.

## **RESPONSIBLE TRAVEL**

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Here's just one example that highlights our sustainable practices:

### **Colorado and Utah: The President's Footsteps**

In 1906, Teddy Roosevelt named the Mesa Verde Cliff Dwellings (now a UNESCO World Heritage site) and surrounding land a National Park, the first of its kind, to “preserve the works of man.” As part of the ranger-led tour, we walk ancient paths to the largest cliff dwellings in North America, home of the ancient Puebloans approximately 1,400 years ago. Following in the president's footsteps, we support the park—and the preservation of cultural and natural resources—through our admission fees. We also limit our impact on the environment by exploring on foot.

# Tour Itinerary Overview

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## TOUR MEETING POINT AND TIME

### **DoubleTree Hotel (lobby), Durango, CO, 8:30 a.m.**

501 South Camino Del Rio  
Durango CO 81301  
Tel 970.259.6580 or 800.222.8733

## NIGHTS 1 & 2

### **Far View Lodge**

Mesa Verde National Park, CO  
Tel 970.529.4422  
[visitmesaverde.com/accommodations/far-view-lodge.aspx](http://visitmesaverde.com/accommodations/far-view-lodge.aspx)  
Wireless Internet, hair dryers, and laundry service available.

## NIGHTS 3, 4, & 5

### **Red Cliffs Lodge**

Moab, UT  
Tel 435.259.2002 or 866.812.2002  
[redcliffslodge.com](http://redcliffslodge.com)  
Wireless Internet, hair dryers, and laundry service available.

## TOUR DEPARTURE POINTS AND TIMES

- **DoubleTree Hotel, Durango, CO, 2:00 p.m.**
- **Durango La Plata Airport, Durango, CO, 2:30 p.m.**

## **EMERGENCY CONTACT**

### **One Call International**

Email [mail@oncallinternational.com](mailto:mail@oncallinternational.com)

### **If communicating from within the US**

Text 603.945.0103

Tel 800.555.9095

### **If calling from outside the US**

Tel 603.894.4710

When calling from outside the USA, you will need to dial the access code for the country you are calling from (a complete list of access codes, provided by AT&T, can be found on the Country Walkers website under Travel Tips and Travel Resources: International Access Codes).

In the unlikely event you are unable to connect by phone with One Call, or the region you are calling from does not have an access code, you should speak with a live international operator and ask them to place a collect call to 800.555.9095 or 603.894.4710.

## **TRAVEL INSURANCE**

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

# Tour Facts at a Glance

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## TOUR LENGTH

6 days, 5 nights

## DEPARTURE DATES AND PRICE

Please refer to our website for the most current list of departure dates, scheduled group tour and private tour prices.

## TOUR MEETING POINT AND TIME

DoubleTree Hotel (lobby), Durango, CO, 8:30 a.m.

## TOUR DEPARTURE POINTS AND TIMES

- DoubleTree Hotel, Durango, CO, 2:00 p.m.
- Durango La Plata Airport, Durango, CO, 2:30 p.m.

## ACTIVITY LEVEL

This tour is one of our Guided Walking Adventures, with moderate terrain and some easy walks. Most days average 4 to 7 miles of walking, with shorter and longer options available when possible and elevation gains and losses up to 600 feet. The ascents and descents are gradual as opposed to very sharp and steep, and our pace is generally slow, approximately 1-2 miles per hour. The highest elevation during the trip is approximately 8,800 feet. The trails are a combination of dirt, sandy paths, and slickrock; some are wooded and others are quite open and exposed. Trails into the cliff dwellings use ladders to ease steep sections. The trails have a combination of flat sections, ascents, and descents. Proper sunscreen and head protection are essential! The high desert presents exhilarating walking and Native American history and culture.

## INCLUSIONS

- » Two expert, local guides (for groups of 8 or more), with you 24/7
- » All meals except for one dinner; wine or beer included with dinners
- » All accommodations while on tour
- » Transportation from the meeting point to the departure point
- » Entrance fees and special events as noted in the itinerary

- » Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International
- » The unbeatable and cumulative experience of the Country Walkers staff

### **LET THE JOURNEY BEGIN**

Prior to your adventure you will be asked to sign a Passenger Participation Agreement and you will receive:

- » Luggage tags
- » List of travel companions and guide biographies

### **GRATUITIES**

Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers. Should you wish to tip your Country Walkers guide(s), the standard in the industry ranges from \$10 to \$15 per person, per guide, per day (or \$20 to \$30 per couple, per guide, per day).



# Traveling To and From Your Tour

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## **TOUR MEETING POINT AND TIME**

**DoubleTree Hotel (lobby), Durango, CO, 8:30 a.m.**

Your guide(s) will be wearing a Country Walkers shirt. Please be dressed for walking, as there will be a walk en route to our first lodge.

## **MOST CONVENIENT AIRPORT**

Durango La Plata Airport (DRO), Durango, CO

**[flydurango.com](http://flydurango.com)**

## **PRE-TOUR ACCOMMODATIONS**

We suggest arriving in Durango, Colorado, at least one day before the tour begins. Durango sits at an elevation of approximately 6,500 feet. We recommend staying at our meeting property, the DoubleTree Hotel in Durango. Please contact the number below if you would like to make a reservation, requesting the best-available rate.

### **DoubleTree by Hilton Hotel**

501 South Camino Del Rio

Durango CO 81301

Tel 970.259.6580 or 800.222.8733

<http://doubletree.hilton.com>

Located on the Animas River and just minutes from historic Durango, this welcoming hotel offers modern rooms with private balconies. A complimentary shuttle is offered to and from the Durango Airport.

## **GETTING TO THE DOUBLETREE HOTEL**

### **From the Durango La Plata Airport:**

The DoubleTree Hotel offers a complimentary shuttle service from the airport to the hotel from 5:00 a.m. to 11:00 p.m.; the shuttle can be reserved in advance or you may call the hotel from the airport.

## **DELAYS AND LATE ARRIVALS**

If you are delayed or miss the scheduled group meeting for any reason, we kindly request that you contact our emergency assistance provider, One Call International. This service is available 24 hours/day, 7 days/week to assist you with any type of travel delay. Please refer to the Emergency Contact details on your Tour Itinerary Overview page for One Call International contact details.

## **TOUR DEPARTURE POINTS AND TIMES**

- **DoubleTree Hotel, Durango, CO, 2:00 p.m.**
- **Durango La Plata Airport, Durango, CO, 2:30 p.m.**

If you plan to schedule your return flights immediately following the tour's conclusion, please contact your airline directly for specific check-in requirements.

# Information & Policies

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## **GUARANTEED DEPARTURES**

Country Walkers guarantees the departure of every tour\*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, small-group experience (with an average of 6 or 7 guests per guide). For best availability, reserve your trip today!

*\*except in cases of force majeure*

## **RESERVATIONS**

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. We can confirm your reservation with a deposit of \$350 per person. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

## **GUEST RESPONSIBILITIES**

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

## **CANCELLATION POLICY**

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost\*. Please notify us in writing.

*\*One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

## **TRAVEL ARRANGEMENTS**

Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or

**[bettertravel@madriver.com](mailto:bettertravel@madriver.com)**), for any additional air, hotel, rail, or transfer arrangements you may need.

# The United States at a Glance

## ENTRY REQUIREMENTS

For information about entry requirements, see [travel.state.gov](http://travel.state.gov).



## CURRENCY

### Travel Tip

Have a variety of monetary options to start your trip: cash, ATM card(s), and credit card(s).

For up-to-date exchange rates for the U.S. dollar with other currencies, see [oanda.com](http://oanda.com).

Always contact your bank or your credit-card company for details on fees and card use when traveling.

## TIME ZONE

Find the official time at your U.S. destination at [time.gov](http://time.gov).

## PHONE & INTERNET

Cell phone coverage throughout the United States is extensive, but cannot be guaranteed to be accessible on all mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to [countrywalkers.com/phones](http://countrywalkers.com/phones).



Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Tour Itinerary Overview.

## LANGUAGE

The official language of the United States is English.

## ELECTRICITY

Alternating current of 120V and 60Hz is used in the United States. The majority of plugs are Type B, with two square and one round prong. For a full listing of electrical outlets worldwide, see [electricaloutlet.org](http://electricaloutlet.org).



## WEATHER

Country Walkers visits a range of U.S. destinations, spanning the continent from Maine to Washington State. Tour dates coincide with the ideal weather and conditions for an active vacation.

Fall in New England means stunning foliage, warm days, and crisp nights. Spring and fall in the desert climates of California's Death Valley, Colorado, and Utah start off with chilly mornings that turn into dry and sunny days. Summer in Washington State, Montana, and California can offer sunny days and cooler nights—with local variation and seasonal precipitation in all regions.

For up-to-date forecasts, see [qwikcast.com](https://www.qwikcast.com). For historical average temperatures and rainfall, see [weatherbase.com](https://www.weatherbase.com).

## FOOD & DRINK

In addition to the well-known standard repertoire of American food, considerable regional variation reflects the cultural heritage and seasonal harvest of individual areas.

In the southwestern states and California, dishes are Mexican- and cowboy-influenced. In Washington State, the bounty includes fresh salmon and other Pacific seafood. In Montana, game, freshly caught fish, and steaks predominate. And in New England, seasonal produce and local specialties such as cheese and maple syrup are ubiquitous, and of course, delectable Maine lobster and seafood are a highlight.

### Travel Tip

For international visitors bringing a hair dryer or other electrical device:

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

## LIFE IN THE UNITED STATES



### Shopping and banking hours

Shops and stores are generally open Monday to Saturday between 9:00 a.m. and 6:00 p.m., and on Sundays from 11:00 a.m. to 5:00 p.m. Shopping malls, department stores, and supermarkets are open all day, every day of the week, from 8:00 a.m. to 9:00 p.m. (or later; check locally).

Banks are open from 9:00 a.m. to 5:00 p.m., Monday to Friday, and some branches are open from 9:00 a.m. to noon on Saturday.

### Travel Tip

For both U.S. and international travelers, a fascinating resource on American history and culture is the U.S. Library of Congress: [loc.gov](http://loc.gov).

Originating as Thomas Jefferson's personal collection, the library maintains a website that is not only a library catalog, but a clearinghouse for wide-ranging information on U.S. history, folklife, geography, the performing arts, and more.

### Mealtimes

Breakfast is served at hotels from 7:00 a.m. to 10:00 a.m. In restaurants, lunch is served from noon to 3:00 p.m. and dinner is usually served from 4:00 p.m. to 9:30 p.m. (but with substantial local variation).

### Tipping

In restaurants and bars, leave 15 to 20 percent of the total. Taxi drivers receive 10 to 15 percent of the fare. For luggage assistance, from \$2 to \$5 depending on the service offered.

## TRAVEL RESOURCES

### National U.S. official tourist board

[discoveramerica.com](http://discoveramerica.com)

### Public holidays

To assist in travel planning, it may be helpful to be aware of U.S. public holidays. See [opm.gov/policy-data-oversight/snow-dismissal-procedures/federal-holidays/#url=2016](http://opm.gov/policy-data-oversight/snow-dismissal-procedures/federal-holidays/#url=2016) for an official list; and for a description of U.S. holidays, visit [usa.gov/citizens/holidays.shtml](http://usa.gov/citizens/holidays.shtml).

## TRAVEL IN THE UNITED STATES

A wealth of travel information is available at [discoveramerica.com](http://discoveramerica.com). For a list of all U.S. official state tourist boards, visit [visittheusa.com/usa/official-links.aspx](http://visittheusa.com/usa/official-links.aspx).



### Airports

The United States has an enormous international and domestic air network with dozens of companies and hundreds of airports. For travel to various regions and airports, individual state tourist boards offer travel and airport information: [visittheusa.com/usa/official-links.aspx](http://visittheusa.com/usa/official-links.aspx).

### Trains

**Amtrak:** [amtrak.com](http://amtrak.com), the national railway company site with schedules, fares, and pass options.

### Other local transportation

Long-distance bus travel can also be a convenient way to reach a destination. National companies include Greyhound ([greyhound.com](http://greyhound.com)), Trailways ([trailways.com](http://trailways.com)), and Megabus ([megabus.com](http://megabus.com)); check locally for smaller regional long-distance bus companies.

Major car rental agencies are available at airports, city centers, and train and bus stations. Taxis are available at all major airports, cities, train and bus stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance).

For more information contact Country Walkers.

### Travel Tip

Country Walkers' U.S. itineraries include many of the country's best-known national parks; for more information, visit [nps.gov](http://nps.gov)

# Packing List

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## PACKING TIPS

Pack light! Keep in mind there will be times you may have to carry your own luggage short distances, especially before and after your Country Walkers tour. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

## FOOTWEAR

- » Hiking boots. There are many brands to choose from. Proper fit is crucial, so try on new boots while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 4-7 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.
- » Wool or synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

## CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)

- » Dinner attire: casual but neat. Dress shorts are appropriate for dinner. Jeans are also fine for both men and women.

## **OUTERWEAR**

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Warm hat and gloves
- » Hat with a broad brim or visor

## **EQUIPMENT**

- » Pack (minimum size of 25L): large enough to carry water, packed lunches, extra clothing, rain gear, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel.
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

## **OPTIONAL**

- » Telescopic walking sticks. (Please note that while telescopic walking sticks are recommended for this tour, they are not provided by Country Walkers. Therefore please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Bathing suit (Red Cliffs Lodge has an outdoor pool)
- » Water shoes or Tevas for rafting
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)



- » Small notebook and pen
- » Field guides
- » Bandana